Dealing With Regret

Being able to clear past negativity, the soul needs to address issues that consciously or subconsciously possess and/or is currently analyzing past events and the ramifications brought about with the soul and the "feelings" that are underlying and grounded into negative contexts.

The best way to understand the depth of this is to understand the answer or serialization, or what current thoughts that are buried within the soul.
Thinking upon the depth of a past of consequence, do you have any regret or regrets on your action or actions? Or feel responsible for a negativity brought about during an event and are blaming oneself?
Give deep thoughts on present and/or past and events. The ego has possibly buried it within thinking. Thinking it's protecting your feelings, but in fact the ego is hiding it within your thoughts because of the feeling of responsibility that has hindered your freedoms subconsciously and is harboring guilt which affects your physical health. (For your supposed best interests.) The detriment stemming from and having mental clarity which is also psychological freedom which has become subjective to suppression and dis-ease.
When your regrets are understood because there was something learned from the experience, and the soul has forgiven itself, it's at that point freedom of the soul is now experienced and the ego is silenced.
It's not about what has happened, it's what you do with what happened that matters.

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